

Heat Stress

Audience: All persons who encounter excessive heat conditions on the job.

Training Time: Average - 31 to 46 minutes [NOTE](#)

Delivery Formats: Web, CD-ROM, LAN, WAN, [Web-Connected CD](#)

Product Code: smaxheat

Interactive Producer: Mastery Group Canada

Original Content Producer: Samax Productions, Ltd.

Language(s): English

Overview

This course presents information on the types of heat-related problems that can occur in different environments. This course shows what steps can be taken to prevent heat-related illnesses and the basic first aid that can be helpful when dealing with coworkers who experience these conditions.



Forty-five interactions actively involve the learner in the training. Lesson interactions provide the learner opportunities to apply what he or she has learned. The computer assesses the learner's level of understanding of all learning objectives. All questions in this course are fully narrated. Narrations enhance comprehension and are welcome support for learners with reading skill deficits and when English is the learner's second language. When the learner answers a question incorrectly the computer provides remedial instruction and reviews the material until the learner can answer correctly. Mastery's exclusive Follow-up

Review, standard in all Mastery Advantage courses, provides time-delayed reinforcement and review of the learner's newly acquired knowledge. The Follow-up Review enhances the transfer of newly acquired knowledge to the learner's long-term memory.



The Learner navigates through the course and its resources using the standard Mastery Control Bar. Course resources include a fully narrated glossary of terms. Each term is pronounced and its definition read aloud to the learner. A topical index provides a complete map to the instructional material. The learner can ask for all course information on any topic at any time during the lesson presentations. The learner can use the topical index as a reference source even after completing the course. Closed Captioning is included. A complete transcript of all audio and video files is also provided with this course. Use the transcript file in conjunction with MODIFY to simplify customizations.

Topics

The course presents interactive instruction covering the following topical areas:

How The Body Cools Itself
Electrolytes
Heat Exhaustion
Heat Stroke
Fluids and Minerals
Helping Your Body Cool Itself
Hot Environments



Performance Objectives

This course will measure mastery on each of the following performance objectives. Upon completion, workers will be able to...

Describe how the body cools itself.

Define electrolytes.

Describe what happens when your body doesn't get enough electrolytes.

Explain how to prevent heat cramps.

Identify the symptoms of heat exhaustion.

Describe what you can do to treat heat exhaustion and dizziness caused by heat.

Identify the symptoms of heat stroke.

Describe what to do in the event of heat stroke.

Describe how to maintain proper fluid and mineral levels in your body.

Explain why you should not drink alcoholic beverages in high heat areas.

Describe how to eat properly when you are working in high heat areas.

Explain how a person's characteristics can affect their ability to adjust to heat.



Describe what type of clothing should be worn in high heat areas.

Identify protective equipment that may need to be worn in high heat areas.